

**Full Report (All Nutrients) 15173, Mollusks, scallop, mixed species, cooked, breaded and fried**

Report Date:October 16, 2015 21:12 EDT

Nutrient values and weights are for edible portion.

**Food Group : Finfish and Shellfish Products****Carbohydrate Factor: 4.12 Fat Factor: 8.84 Protein Factor:4.27 Nitrogen to Protein Conversion Factor:6.21**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	2.0 large 31g
<b>Proximates</b>					
Water	g	58.44	--	--	18.12
Energy	kcal	216	--	--	67
Energy	kJ	902	--	--	280
Protein	g	18.07	--	--	5.60
Total lipid (fat)	g	10.94	--	--	3.39
Ash	g	1.83	--	--	0.57
Carbohydrate, by difference	g	10.13	--	--	3.14
<b>Minerals</b>					
Calcium, Ca	mg	42	--	--	13
Iron, Fe	mg	0.82	--	--	0.25
Magnesium, Mg	mg	59	--	--	18
Phosphorus, P	mg	236	--	--	73
Potassium, K	mg	333	--	--	103
Sodium, Na	mg	464	--	--	144
Zinc, Zn	mg	1.06	--	--	0.33
Copper, Cu	mg	0.078	--	--	0.024
Manganese, Mn	mg	0.140	--	--	0.043
Selenium, Se	µg	26.9	--	--	8.3
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	2.3	--	--	0.7
Thiamin	mg	0.042	--	--	0.013
Riboflavin	mg	0.110	--	--	0.034
Niacin	mg	1.505	--	--	0.467

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	2.0 large 31g
Pantothenic acid	mg	0.200	--	--	0.062
Vitamin B-6	mg	0.140	--	--	0.043
Folate, total	µg	37	--	--	11
Folic acid	µg	19	--	--	6
Folate, food	µg	18	--	--	6
Folate, DFE	µg	50	--	--	16
Vitamin B-12	µg	1.32	--	--	0.41
Vitamin A, RAE	µg	22	--	--	7
Vitamin A, IU	IU	75	--	--	23
<b>Lipids</b>					
Fatty acids, total saturated	g	2.669	--	--	0.827
14:0	g	0.056	--	--	0.017
16:0	g	1.546	--	--	0.479
18:0	g	1.063	--	--	0.330
Fatty acids, total monounsaturated	g	4.498	--	--	1.394
16:1 undifferentiated	g	0.031	--	--	0.010
18:1 undifferentiated	g	4.456	--	--	1.381
20:1	g	0.006	--	--	0.002
Fatty acids, total polyunsaturated	g	2.856	--	--	0.885
18:2 undifferentiated	g	2.443	--	--	0.757
18:3 undifferentiated	g	0.156	--	--	0.048
18:4	g	0.011	--	--	0.003
20:4 undifferentiated	g	0.027	--	--	0.008
20:5 n-3 (EPA)	g	0.086	--	--	0.027
22:5 n-3 (DPA)	g	0.016	--	--	0.005
22:6 n-3 (DHA)	g	0.103	--	--	0.032
Cholesterol	mg	54	--	--	17
<b>Amino Acids</b>					
Tryptophan	g	0.210	--	--	0.065
Threonine	g	0.768	--	--	0.238
Isoleucine	g	0.800	--	--	0.248
Leucine	g	1.295	--	--	0.401
Lysine	g	1.280	--	--	0.397

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	2.0 large 31g
Methionine	g	0.407	--	--	0.126
Cystine	g	0.250	--	--	0.078
Phenylalanine	g	0.687	--	--	0.213
Tyrosine	g	0.588	--	--	0.182
Valine	g	0.818	--	--	0.254
Arginine	g	1.266	--	--	0.392
Histidine	g	0.355	--	--	0.110
Alanine	g	1.059	--	--	0.328
Aspartic acid	g	1.679	--	--	0.520
Glutamic acid	g	2.765	--	--	0.857
Glycine	g	1.074	--	--	0.333
Proline	g	0.850	--	--	0.263
Serine	g	0.847	--	--	0.263